
MENTAL HEALTH AWARENESS MONTH

Each May for more than 50 years, Mental Health Awareness Month has improved the health and lives of millions of people. The theme for this year's observance is MIND Your Health, which focuses on the mind-body connection. Caring for your mind, as well as your body, is good for overall health and key to your success at home, at work and at school.

In observance of Mental Health Awareness Month we have provided you with the following web sites and telephone numbers of national resources that offer a variety of helpful information.

Human Management Services (HMS)

Always available to help you or your dependents with any type of personal, family or work-related concern or difficulty. All HMS services are prepaid by your employer and strictly confidential.

800-343-2186

www.hmsincorp.com

The Substance Abuse and Mental Health Services Administration (SAMHSA)

800-789-2647

www.mentalhealth.samhsa.gov

National Alliance for the Mentally Ill (NAMI)

800-950-NAMI (6264)

www.nami.org

National Mental Health Association (NMHA)

800-969-NMHA (6642)

www.nmha.org



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